

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre, Australia – March 2019
Transcription from Audio Recordings

File 1b – Saturday afternoon guided meditation

During this retreat I'd like everyone to be even more silent than usual. And by this I mean *really* look deeply into you. So that means maybe less eye contact with others. Unless it's necessary doing your task, I'd like everyone to keep to themselves. As N. said, if anything is bothering you in particular let him know – anything or anyone. Please don't approach someone else; go and talk to him first.

Doing something like this, emotions at times are going to be really heightened, but they're not going to be caused by something or someone else. If you're feeling emotional, it's in you, so you need to take responsibility for that. I'm going to do the same. There's going to be less eye contact and I'll probably keep to myself a bit more. So I'd like everyone to make the effort to do this. And it's a very interesting practice. As I've said before, you can see it as a limitation or a freedom: freedom from having to even be polite to anyone, to say please or thank you, to project yourself, to worry about what other people are thinking about you. It's a very interesting thing to do.

We can't have any private interviews during this retreat so I'd like everyone, if they've got questions, to really make the effort to ask during the discussion periods. Try not to be shy. If you've got something to say it'll help you and everyone else to express it. And I can say on my part, there'll be no judgment. So this seven-days is an opportunity to have a break from being you, who you think you are, who you think you should be.

In this environment nobody is special. That's the freedom. That's what you eventually see – that you always wanted to be special. Freedom is not wanting to be special anymore, being completely satisfied being completely ordinary. A lot of people are very scared of this; they think they'll lose something. You don't lose anything. You just become completely authentic when all the pretence is dropped.

So put everything you can into the next seven days – everything. And I'll be doing it all with you.